

AMENDMENTS TO THE CLAIMS

Please cancel claims 1-15, and add new claims 16-36, as follows:

Claims 1-15 (Cancelled).

Claim 16 (New) A composition comprising: a phospholipid having an n-3 polyunsaturated fatty acid constituent selected from the group consisting of docosahexaenoic acid, docosapentaenoic acid and eicosapentaenoic acid; and  $\alpha$ -linolenic acid and/or an oil comprising  $\alpha$ -linolenic acid.

Claim 17 (New) The composition according to claim 16, wherein the phospholipid is one or more phospholipids selected from the group consisting of phosphatidyl choline, phosphatidyl serine, phosphatidyl ethanolamine, phosphatidyl inositol, phosphatidic acid and phosphatidyl cardiolipin.

Claim 18 (New) The composition according to claim 16, wherein the phospholipid is selected from the group consisting of a phosphatidyl serine having docosahexaenoic acid as the n-3 polyunsaturated fatty acid constituent thereof, a phosphatidyl serine having eicosapentaenoic acid as the n-3 polyunsaturated fatty acid constituent thereof, a phosphatidyl choline having docosahexaenoic acid as the n-3 polyunsaturated fatty acid constituent thereof, a phosphatidyl choline having eicosapentaenoic acid as the n-3 polyunsaturated fatty acid constituent thereof, and combinations thereof.

Claim 19 (New) The composition according to claim 16, wherein the  $\alpha$ -linolenic acid is present in the composition and is obtained from a plant source selected from the group consisting of rapeseed, sunflower, soybean, linseed, perilla, egoma and tung.

Claim 20 (New) The composition according to claim 16, wherein the  $\alpha$ -linolenic acid is present in the composition and is obtained from a plant source selected from the group consisting of linseed, perilla, egoma and tung.

Claim 21 (New) The composition according to claim 16, wherein a weight ratio of the  $\alpha$ -linolenic acid to the phospholipid is 0.1-20:1.

Claim 22 (New) The composition according to claim 16, wherein the oil comprising  $\alpha$ -linolenic acid is present in the composition and is one or more oils selected from the group consisting of rapeseed oil, canola oil, sunflower oil, soybean oil, linseed oil, perilla oil, egoma oil and tung oil.

Claim 23 (New) The composition according to claim 16, wherein the oil comprising  $\alpha$ -linolenic acid is present in the composition and is one or more oils selected from the group consisting of linseed oil, perilla oil, egoma oil and tung oil.

Claim 24 (New) The composition according to claim 16, wherein a weight ratio of the oil comprising  $\alpha$ -linolenic acid to the phospholipid is 0.1-20:1.

Claim 25 (New) The composition according to claim 16, wherein the composition further comprises a fish oil.

**Claim 26 (New)** The composition according to claim 16, wherein the composition further comprises one or more compounds selected from the group consisting of ginseng, Panax notoginseng, Siberian ginseng, arginine, Ginkgo biloba, soybean, carnitine, bilberry, blueberry, raspberry, rutin, cassis, citric acid, sesame, sprouted sesame, rutin, garlic, onion, fermented soybeans, Echinacea, black cohosh, vitamin C, vitamin E, catechin, astaxanthin, sesamin and polyphenols.

**Claim 27 (New)** The composition according to claim 16, wherein the composition further comprises one or more compounds selected from the group consisting of ginseng, Panax notoginseng, Siberian ginseng, arginine, Ginkgo biloba, bilberry, rutin and vitamin E.

**Claim 28 (New)** The composition according to claim 16, wherein the composition further comprises one or more additives selected from the group consisting of a pharmaceutically acceptable carrier, an excipient, a binder, a disintegrant, a stabilizer, a dispersant, a coloring agent, a taste corrigent, a plant oil and a surfactant.

**Claim 29 (New)** A food or beverage comprising the composition according to claim 16.

**Claim 30 (New)** The food or beverage according to claim 29, wherein the food or beverage is in the form of a solid, a gel or a liquid.

**Claim 31 (New)** The food or beverage according to claim 29, wherein the food or beverage is attached with a label indicating that the food or beverage improves central nervous function, visual acuity or circulatory function.

Claim 32 (New) A medicament comprising the composition according to claim 16 and a pharmaceutically acceptable carrier.

Claim 33 (New) The medicament according to claim 32, wherein the medicament is in the form of a powder, a granule, a capsule, a tablet, a pill or a troche.

Claim 34 (New) A process for preparing the composition according to claim 16, wherein said process comprises dissolving the phospholipid, the  $\alpha$ -linolenic acid and/or the oil comprising  $\alpha$ -linolenic acid under stirring.

Claim 35 (New) A method for improving central nervous function comprising administering the composition according to claim 16.

Claim 36 (New) A method for improving circulatory function comprising administering the composition according to claim 16.